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Two more suspected measles cases ID'd

Up-to-date vaccinations urged. Both individuals had come in contact with province's first confirmed case this year

MARCO VIGLIOTTI
Metro in Regina

Health officials in Saskatchewan are investigating another two suspected cases of measles in the Regina region.

At a joint press conference on Monday, officials from the Regina Qu'Appelle Health Region (RQHR) and the provincial health ministry announced the suspected carriers had come into contact with another individual, who was revealed last week as the first confirmed measles case in Saskatchewan this year.

"People who were exposed received a letter letting them know that they had been exposed to measles," Dr. Denise Werker, Saskatchewan's deputy chief medical officer, said of the response to the first confirmed case. "In fact, the two suspect cases are contacts of that initial case."

Officials say both suspected carriers were born after 1970. People born before that year are assumed to be immune from contracting the disease.

Werker specifically urged parents to ensure their children were up-to-date on their vaccinations. She said the highest priority was children under the age of five, who are more likely to sustain severe complications from the disease.

Officials also warned that members of the public might have been exposed to the airborne ailment at various locations around Regina between Jan. 13 and 17.

Locations include the Chapters and attached Starbucks on Jan. 13 from 10 a.m. to 1:30 p.m. and the Lawson Aquatic Centre from 12:30 p.m. to 5:30 p.m. on Jan. 14.

The hours given out do not simply reflect the time the suspected carrier spent at a particular establishment, said Dr. Tania Diener, medical health officer with the RQHR.

This is because the illness can linger in the air for two hours after a carrier has left.

If someone believes they have come into contact with the measles, Diener urged them to call their primary care practitioner first, instead of simply heading down to a clinic and potentially exposing more people.

In the wake of this news, the Saskatoon Health Region is clarifying the information it sends to practitioners on how to diagnose measles, said deputy medical officer Dr. John Mark Opondo. As the outbreak has emerged in the middle of flu season, he noted, the province's health regions are in constant communication through regularly scheduled teleconference meetings.

The earliest a person will experience symptoms is roughly one week following exposure.

Complications from the disease include ear infections, diarrhea and even an infection of the brain lining.

REACTION AROUND SASKATOON, PAGE 4

FEELING SUPER

Barb Ryan, back right, celebrates with family members at her Regina home on Monday as her son Jon Ryan, punter for the NFL's Seattle Seahawks, is headed to the Super Bowl following the Seahawks' win in the NFC championship game on Sunday. Also pictured are Jon's sister Erica Honoway, back centre, his sister-in-law Haley Ryan, back left, and eight of his nieces and nephews. Inset: Jon Ryan, left, greets Seahawks kicker Steven Hauschka after holding the ball for Hauschka for a field goal during a game between Seattle and the San Francisco 49ers this past Dec. 8 in San Francisco. Story, page 4.

SARAH TAGUIAM/METRO IN REGINA; INSET: MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Cheers, jeers for Harper's Knesset speech

Parliamentarians reacted with standing ovations and walkouts PAGE 6

Slumdogs not millionaires yet in Sochi

Despite promises from the Russian government, those living in poverty have seen no benefit from the cash thrown at the city PAGE 8

Don't fear the runaway bride

Insurance firms are selling policies for nuptials that cover weather, illness — even a change of heart PAGE 9

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CHL

Province pays for Memorial Cup loss

The Saskatchewan government is taking a hit of about $668,000 on the Memorial Cup junior hockey championship held in Saskatoon last May.

The province has approved the payment to the Canadian Hockey League because the event didn't meet a profit guarantee of $3.5 million that was made when Saskatoon bid for the championship.

THE CANADIAN PRESS

Pelican Narrows

Two boys presumed dead in house fire

The bodies of two children were found in the wreckage of a house fire in Pelican Narrows, Sask., this past weekend.

RCMP responded to the fire on Saturday morning, and further examination at the scene the next day revealed the victims.

There were six people at the residence, and two boys aged nine and 10 are unaccounted for.

Cpl. Dallas Fee said it's believed that the two boys are the victims, but an autopsy will be conducted to confirm that.

A 10-year-old girl also suffered burns and was taken to hospital for treatment.

Fee said that while the cause of the fire remains undetermined, investigators suspect it was accidentally ignited by a candle. METRO

Traffic

One dead after highway collision

A man is dead after a pickup truck he was driving collided with a tractor-trailer in rural Saskatchewan on Monday.

RCMP said the incident occurred on Highway 7, just west of the small community of Delisle.

The highway was closed in both directions as RCMP redirected traffic on Township Road 340 and Highway 45.

Investigators confirmed that the lone occupant of the pickup died at the scene.

While the cause of the collision remained under investigation, RCMP had contacted the coroner and a collision reconstructionist was at the scene. METRO

Ukrainian Canadians worry about escalating violence

Unrest. Anti-protest law sparks mass violence over weekend in Kyiv

Members of Saskatchewan's Ukrainian community say they're disappointed that protests in their homeland's capital city of Kyiv turned to mass violence this past weekend.

Violence between anti-government demonstrators and police erupted on Sunday night and carried into Monday after the passing of what's being called an anti-protest law, which significantly increases fines and imposes jail terms.

Iryna Matsiuk, who moved to Canada from Ukraine in 2011 and lives in Saskatoon, is concerned for that country's future as a democracy.

"Obviously we're disappointed and sad that, unfortunately, the president, the cabinet ministers and the government took this action against protesters," Matsiuk said, citing two months of peaceful protests with no government response.

"I'm concerned about the country and the future, and about the well-being of those who are taking active action."

On Monday, hundreds of protesters — many wearing balaclavas — hurled rocks and stun grenades in Kyiv, while police responded with tear gas.

Though the protests initially targeted a decision by Ukrainian President Viktor Yanukovych to shelve a trade agreement with the European Union in order to instead build ties with Russia, Matsiuk said the focus of the demonstrations has shifted to the government's anti-democratic moves.

"Right now, I call (the protests) not pro-European, but pro-Ukrainian," she said.

Pavlo Marchak, who also moved to Canada in 2011, said he isn't surprised by the violence.

"In general, I think it's really dangerous to be there. But from another way, I'm happy because more and more people in Ukraine understand that they are the first power and they are the source of power," he said.

"Of course I'm not happy to hear that there are so many violent situations out there, but I expected to have it because there is so much tension."

Ukrainian-Canadian Iryna Matsiuk poses for a photo with two Ukrainian flags in downtown Saskatoon on Monday. Inset: Protesters clash with police in central Kyiv. They erected barricades with the sound of stun grenades heard as police tried to quell the demonstrations. MORGAN MODJESKI/METRO; INSET: SERGEI GRITS/THE ASSOCIATED PRESS

Matsiuk and Marchak said while they hope the government and protesters can come to a peaceful resolution, they believe the situation will worsen before it improves.

MORGAN MODJESKI/METRO
WITH FILES FROM THE CANADIAN PRESS

National Farmers Union rails against federal bill

Terry Boehm doesn't want to see money go from the pockets of working farmers into the mouth of Monsanto.

At a press conference in Saskatoon on Monday, the chair of the National Farmers Union's Seed and Trade Committee launched a campaign against Bill C-18, the Agricultural Growth Act.

The proposed legislation would introduce an intellectual property rights system called UPOV '91, which the NFU says would limit individual farmers' ability to control seed varieties.

"The fundamental concern with UPOV '91 is, of course, the extension of powers to plant breeders and plant-breeding companies," said Boehm.

He also condemned the implementation of an endpoint royalty mechanism, which would require farmers to pay a fee on registered varieties based on the amount of grain produced.

"With the endpoint royalty system that's collected by Monsanto and DuPont and Bayer, what are we going to get?" asked Boehm. "The only thing we do know is we'll pay and we'll pay in perpetuity."

In response to these concerns, the NFU is proposing an alternative to Bill C-18. The Seed Act for Farmers calls for such rules as the unrestricted right for farmers to exchange and sell seeds and a royalty system that would only charge farmers at the time of sale.

Federal Agriculture Minister Gerry Ritz said in an emailed statement that the NFU is out of touch with the majority of Canadian farmers.

"After extensive industry consultation, this bill will provide our farmers with the best inputs to compete globally by encouraging research investment in Canada, resulting in new varieties with better resistance and higher yields," said Ritz.

JACOB MORGAN/METRO

The National Farmers Union's Terry Boehm speaks at a press conference on Monday in Saskatoon.
JACOB MORGAN/METRO

Seahawks punter becomes the first Super Bowl-bound Saskatchewanian

NFL. Jon Ryan of Regina to face off against Broncos in two weeks

SARAH TAGUIAM
Metro in Regina

Family and friends of Regina-born-and-raised punter Jon Ryan are celebrating his achievement in becoming the first Saskatchewanian to play in the Super Bowl.

His team, the Seattle Seahawks, won 23-17 over the San Francisco 49ers on Sunday to claim the NFL's NFC championship and advance to the title game on Feb. 2 in East Rutherford, N.J.

"I haven't had any sleep just thinking about it," Ryan's mother, Barb, told Metro at her Regina home on Monday.

"We get excited for every game, so you can just imagine how ecstatic we are."

Ryan, 32, was a fixture in Regina's minor football leagues while growing up, before playing at Sheldon-Williams Collegiate and eventually joining the University of Regina Rams.

Rams head coach Frank McCrystal, who has been with the team since 1984, said he saw Ryan long ago as a "special athlete" who would go far.

"He was just an all-around athlete," McCrystal said of Ryan, who later played for the Winnipeg Blue Bombers before jumping to the NFL with the Green Bay Packers.

"He couldn't just kick really well — he was also a receiver, a basketball player and really good in lacrosse."

McCrystal shares the Ryan family's excitement about the Super Bowl match against the AFC champion Denver Broncos.

"We're really pleased for him," he said, "because any time you've done something like that, you've really reached the pinnacle of your profession."

According to Ryan's eldest sister Erica Honoway, their mother, two other siblings Jill Scheer and Steve Ryan, and their spouses will cheer on Ryan and the Seahawks from the stands at MetLife Stadium.

"Everything about football is a family event for us," Honoway said, "and with Jon playing, you can imagine just how proud and excited we all are."

Barb added that she's grateful for support they've received from neighbours and strangers alike in Regina.

"I've had people come up to me and say they've never watched football until they found out that Jon plays," Barb said. "It's so touching."

And with a final cheer, the proud mother shouted, "Go Seahawks!"

Sister's pride

"Everything about football is a family event for us, and with Jon playing, you can imagine how proud and excited we all are."

Erica Honoway, sister of Jon Ryan, punter for the Seattle Seahawks

Barb Ryan, mother of Seattle Seahawks punter Jon Ryan, holds a photograph of her son in his much younger days at her Regina home on Monday. SARAH TAGUIAM/METRO

Concerned about the measles?

As officials with the Regina Qu'appelle Health Region and Saskatchewan's Ministry of Health warn residents about a potential outbreak of measles in the Regina area, Metro hit the streets in Saskatoon to find out if residents of the Bridge City are worried about a run of rubeola

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Ole Olson, 55, Farmer

"No, not for me, our my family, we're all vaccinated … for the people that have it in Regina, yes, concern for them, because it's a serious disease."

Karen Wandler, 33, Electrical Engineer

"Not really. You know what, measles aren't going to kill me, more than likely I'll get to the doctor in time. It's not a huge concern."

Hannah Turkington, 18, Student

"I haven't heard much information, so I'm not that concerned yet. If I heard there were more cases here in Saskatoon, then I might be way more concerned."

Carter Moe, 20, Student

"I guess I'm kind of concerned, but not overly. It's winter so sicknesses are going to happen … I'm more concerned about swine flu maybe making a comeback."

Doug Mckay, 64, retired

"No I'm not concerned. I just think everything finds its own level and right now, I'm concerned about chicken pox and shingles. There's no chicken pox anymore, so people don't have immunity to chicken pox, so I'm considering that vaccination."

Jacqueline Pollard, 26, Student

"I'm concerned, just because we have a lot of transient traffic. There's people going from Saskatoon to Regina all the time, so yeah, I'm concerned about it."

Flash flood devastates the French Riviera

Motorboats lie wrecked in the port of La Londe Les Maures, near Toulon, southern France, Monday, after unusually heavy rains flooded the French Riviera, leaving two people dead and some thousands without electricity or access to roads. The administration for the Var department evacuated some residents and urged others to stay indoors until the waters recede. CLAUDE PARIS/THE ASSOCIATED PRESS

U.S. to ease up on Iran sanctions

'An important step forward.' The White House applauds Iran's scale-back of its nuclear program

The United States will begin easing economic sanctions on Iran after it began shutting down its most sensitive nuclear work on Monday, the White House said.

Iran's move was part of a landmark deal struck late last year with the U.S., five other world powers and the European Union to ease concerns over Tehran's nuclear program and provide for the partial removal of some of the economic sanctions that have crippled the Iranian economy. Iran has insisted that its nuclear program was for peaceful purposes only.

The United Nations nuclear agency, the International Atomic Energy Agency, confirmed Monday that higher-level uranium enrichment at a facility in central Iran had stopped, an important step among others that together provided officials with the evidence needed to conclude that Iran was holding up its end of the agreement.

The White House, which has vowed to prevent Iran from developing nuclear weapons, hailed Iran's actions as "an important step forward."

The European Union announced earlier Monday it was also suspending some of the sanctions it had imposed on Iran.

White House press secretary Jay Carney said the five world powers — the United Kingdom, France, Germany, Russia and China — also would begin providing relief to Iran. At the same time, Carney said the group will continue its aggressive enforcement of sanctions that will remain in effect during the next six months, the period that Iran and the world powers will use to negotiate a final deal. THE ASSOCIATED PRESS

Syrian peace talks

Iran invitation withdrawn

A last-minute UN invitation for Iran to join this week's Syria peace talks threw the long-awaited Geneva conference into doubt Monday, forcing UN chief Ban Ki-moon to rescind his offer under intense U.S. pressure after the Syrian opposition threatened to boycott. The conference is set to begin Wednesday.

C. African Republic

Woman named interim president

Members of a national transitional council chose the female mayor of Central African Republic's capital to lead the country out of chaos Monday, as a top UN official urged the international community to keep the nation from "crossing the tipping-point into an all-out sectarian conflict." At two meetings in Brussels, international donors pledged a total of $496 million in humanitarian assistance and European Union foreign ministers took a first step toward potentially deploying hundreds more troops to reinforce French and African peacekeepers to secure the lawless and violent country where nearly 1 million people are displaced. Bangui Mayor Catherine Samba-Panza became the first female leader in the country's history. THE ASSOCIATED PRESS

Pakistan

Suicide bomber hits military city

A Taliban suicide bomber blew himself up near Pakistan's main military headquarters in Rawalpindi on Monday, killing 13 people just a day after the militants killed 26 troops inside an army compound in the northwest of the country, officials said. THE ASSOCIATED PRESS

Warning

Militants could seize power: Iraq

Islamic militants controlling a mainly Sunni area west of Baghdad are so well-armed they could occupy the capital, a top Iraqi official warned Monday, a bleak assessment of the challenge in routing the insurgents, as a new wave of bombings killed at least 31 people. THE ASSOCIATED PRESS

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Anger, applause for PM at Knesset

Israel. Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Israel and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a colleague.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist experiment in history."

While criticism of Israeli government policy isn't anti-Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added. THE CANADIAN PRESS

Quoted

"Just as we unequivocally support Israel's right of self-defence, so too Canada has long supported a just and secure future for the Palestinian people."

Prime Minister Stephen Harper

'Breast' is not a four-letter word: Breaking a cancer taboo in Pakistan

In this Dec. 13, 2013, photo, breast cancer survivor and prominent Pakistani politician Fehmida Mirza speaks during an interview in Islamabad. Mirza and groups are trying to draw attention to breast cancer and break the silence surrounding it. B.K. BANGASH/THE ASSOCIATED PRESS

In Pakistan, a country where breast cancer kills more women than terrorist attacks, an awareness group couldn't even say the word "breast" while talking at a university about mammograms and how to check for lumps.

They had to use the euphemism "cancer of women" to discuss a disease often shrouded in social stigma in this majority Muslim nation.

One in nine women in Pakistan will face breast cancer during their life, with the country itself having the highest rate of the disease across Asia, according to breast cancer awareness group PinkRibbon, oncologists and other aid groups.

Yet discussing it remains taboo in a conservative, Islamic culture where the word "breast" is associated with sexuality instead of health, and many view it as immoral for women to go to the hospital for screenings or discuss it even within their family.

Now, women like breast cancer survivor and prominent Pakistani politician Fehmida Mirza and groups are trying to draw attention to the disease and break the silence.

"There's nothing to be shy about it," Mirza said in a recent interview. "No woman should die of ignorance and negligence."

With a health care system in shambles and more young women getting the disease, breast cancer rates only are expected to get worse. World Health Organization official in Pakistan, Shahzad Aalam, said it was difficult to determine the exact magnitude, but that the disease is rampant.

"It is the leading cancer killer among women," Aalam said.

THE ASSOCIATED PRESS

Support our athletes. Wear red and white, but leave the face paint to Ronald

Die-hard fans planning to cheer on Canadian athletes at the Sochi Olympic Winter Games next month may want to hold back on the face painting.

A recent poll conducted by Mondelez Canada shows that if they had to pick, Canadian Olympians said that face painting was their least favourite fan behaviour (20 per cent). Instead, 77 per cent said cheering and shouting, holding up signs of support (73 per cent) and dressing up in red and white (71 per cent) are the top ways to motivate them.

Three-time Olympic gold medallist Jennifer Botterill said while face painting had the lowest impact for her, seeing a sea of red and white always did the trick.

"In our rink, every single time that we played, everyone was in Canada gear wearing the red and white," she said. "And as an athlete you're focused, but at the same time you take in some of that energy and you notice how much the Canadians are supporting you."

But whatever fans do, Botterill said the athletes out there do notice and appreciate it all.

"It's great for them to show their support and their enthusiasm in their most authentic way, so however they want to support is really meaningful for the athletes," she said.

The survey also found that 72 per cent of athletes love receiving handwritten letters, while 62 per cent say they like to hear from fans on social media and 70 per cent said they prefer email letters of support.

In fact, Botterill said she made it a point to put up all the letters she received every time she competed at the Olympics.

"At my first Olympic Games, my roommate Becky Kellar and I put up all the letters that were sent to us in our rooms in the village," she said. "We put every single one up on our walls, so our walls were covered from the support from Canadians … even the last Olympics, I continued to do that."

PHOEBE HO/METRO IN TORONTO

Noted Canadians supporting Neil Young's campaign

Oilsands. Letter from artists, authors, scientists calls for a land where 'laws are not written by powerful oil companies'

More than 20 notable Canadians have penned a letter to support musician Neil Young following his concert tour to raise money for a First Nation fighting oilsands expansion in northern Alberta.

The group includes creative and performing artists, authors, scientists and a lawyer.

Actor Neve Campbell, Booker-prize-winning author Michael Ondaatje and musician Gord Downie of the Tragically Hip are among those who signed the letter. It says that Young's tour raised more than $500,000 to help the Athabasca Chipewyan band pay for a legal attempt to protect its traditional land.

The letter also says that Canada must decide if it wants to protect the environment.

First Nations rights

"The time has come for Canada to decide if we want a future where First Nations rights and title are honoured."

Excerpt from the letter released Monday and signed by 20 notable Canadians

Actress Neve Campbell, one of 20 who gave support. ANGELA WEISS/GETTY

Young played in Toronto, Winnipeg, Regina and Calgary.

THE CANADIAN PRESS

Rosetta spacecraft.
Sleeping comet-chaser sends its first signal home: 'Hello world!'

A comet-chasing space probe that has been in hibernation for almost three years has woken up and sent its first signal back to Earth.

The European Space Agency received the all-clear message "Hello World!" from its Rosetta spacecraft some 800 million kilometres away shortly after 7 p.m. Monday (1800 GMT; 1 p.m. EST).

Rosetta was put into hibernation in 2011 to conserve energy for its long journey to meet with comet 67P/Churyumov-Gerasimenko.

If all goes as planned, the probe will rendezvous with the designated comet in the coming months and drop a lander onto its icy surface in November.

The probe will be followed by millions of people the world over during the unique rendezvous with the comet.

THE ASSOCIATED PRESS

An artist's impression of Rosetta. THE ASSOCIATED PRESS

Mix of chemicals

Mint worker hurt on the job

A 22-year-old worker at the Royal Canadian Mint is in stable condition after suffering first-degree chemical burns to his eyes, face, ears and the back of his neck.

The man was treated at the scene for exposure to a mix of chemicals, including silver nitrate, and was taken to hospital.

Although his wounds are considered mild, burns caused by chemicals can continue to affect the exposed area.

THE CANADIAN PRESS

Fredericton

Man arrested in machete attack

Four people were injured, including the suspect, following an attack at a Fredericton college involving a machete-style knife.

The three victims injured injured in the attack were two teachers and a student. THE CANADIAN PRESS

Cash splashed for Sochi Games flash bashed by quashed slum

Dollar for squalor. Even communal outhouse had to go to make way for new Olympic highway

A shining new $635 million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5a Akatsy street have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable: The new highway has cut them off from the city centre. Even their communal outhouse had to be torn down because it was found to be too close to the new road and ruled an eyesore.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation from a dysfunctional Soviet leviathan to a successful, modern economy. While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train links, thousands of ordinary people in the Sochi area put up with squalor and environmental waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7, as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Looking back at those promises, many residents, weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects.

"Everyone was looking forward to the Olympics," said Alexandra Krivchenko, a 37-year-old mother of three who lives on Akatsy street. "We just never thought they would leave us bang in the middle of a federal highway!"

THE ASSOCIATED PRESS

Irina Kharchenko walks away from her house beside the screen separating the yard of her house and a federal highway in Vesyoloye outside Sochi in November. As the Winter Games are getting closer, many Sochi residents are complaining their living conditions only got worse and authorities are deaf to their grievances. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Security threat

Militant video draws Russian scrutiny

Russia's counter-terrorism agency says it's studying a video posted by an Islamic militant group that asserted responsibility for suicide bombings that killed 34 people last month and is threatening to strike the Winter Olympics in Sochi.

Security experts say the Russians are right in taking the threat seriously.

The video was posted online Sunday by a militant group in Dagestan, a predominantly Muslim republic in Russia's volatile North Caucasus. The Olympic host city of Sochi lies only 500 kilometres west of Dagestan.

Russia has responded to the Islamic threat by introducing some of the most sweeping security measures ever seen at an international sports event.

THE ASSOCIATED PRESS

Kyiv. Police, protesters clash; path to peace unclear

After a night of vicious street battles, anti-government protesters and police clashed anew Monday in the Ukrainian capital Kyiv. Hundreds of protesters, many wearing balaclavas, hurled rocks and stun grenades and police responded with tear gas.

The violence has seriously escalated Ukraine's political crisis, which has been marked by two months of largely peaceful protests.

Sunday's violence came after Yanukovych pushed through a sweeping anti-protest law that significantly increased fines and imposed jail terms for unauthorized street protests. The new law also prohibits activists from wearing helmets or masks to demonstrations, curbs free speech and limits the ability to investigate or monitor the activity of officials, including judges. The law also restricts the activity of non-governmental organizations funded by the West, as many are in Ukraine.

The law mirrors anti-opposition legislation passed in Russia, prompting accusations that Yanukovych is following in Putin's footsteps in building a police state.

The law has highlighted Yanukovych's disregard for the protests, which have been calling for his ouster, the restoration of civil rights and a pro-Western course for Ukraine. Yet demonstrators have been frustrated as well with the fragmented and often indecisive opposition.

During a large peaceful protest Sunday, the crowd chanted "Leader!" asking for the selection of one single protest leader who would take charge. When that did not happen, hundreds broke off from the main rally and marched toward parliament, where they began attacking riot police with sticks, firebombs and stones. Police responded with tear gas, water cannons and plastic bullets.

Opposition leader Vitali Klitschko, a world heavyweight boxing champion, tried to stop the violence, but was attacked by the radical protesters.

THE ASSOCIATED PRESS

Quoted

"We are tired of waiting, we must push the changes ourselves, we must change the leaders."

Petro Sopotensky, a 28-year-old protester

North Korea. Kin of man held worried but buoyed by his news conference

The family of an American missionary held more than a year in North Korea was heartbroken and encouraged by a brief news conference in which Kenneth Bae, wearing a grey cap and inmate's uniform with the number 103 on his chest, apologized and said he committed anti-government acts.

Bae commented under guard at what he called a press conference held at his own request. It is not unusual for prisoners in North Korea to say after their release that they spoke in similar situations under duress.

"Our end goal is to see Kenneth reunited so he can recover emotionally and physically. He has chronic health problems," family friend Derek Sciba told The Associated Press. Sciba is a friend of Bae's sister, Terri Chung of Edmonds, and part of a group pushing for Bae's release.

"On the one hand it's heartbreaking to see him in a prison uniform at the mercy of folks in North Korea, but on the other hand it's encouraging to see him and that he's able to speak," Sciba said.

THE ASSOCIATED PRESS

American missionary Kenneth Bae speaks to reporters at Pyongyang Friendship Hospital on Monday. KIM KWANG HYON/THE ASSOCIATED PRESS

B.C. Appeal Court

Cellphone search should require warrant: Lawyer

A defence lawyer has told B.C.'s highest court that police should be forced to get the permission of a judge before searching a suspect's cellphone after an arrest.

The B.C. Appeal Court case, involving a kidnapping that happened nearly eight years ago, is the latest to consider when police should be able to search the vast amounts of private data stored on smartphones. THE CANADIAN PRESS

Criticism by U.S. official

Japan defends dolphin hunt

A Japanese government spokesman defended an annual dolphin hunt Monday, after U.S. Ambassador Caroline Kennedy tweeted that she was deeply concerned by the inhumanity of the practice. Chief Cabinet Secretary Yoshihide Suga told a news conference that dolphin fishing in Japan is carried out appropriately in accordance with the law.

THE ASSOCIATED PRESS

Internet video

Escaped Greek terrorist vows to attack again

A Greek fugitive who vanished on furlough from prison while serving six life sentences for being in a deadly terrorist organization has vowed a return to armed action. Christodoulos Xiros railed against the handling of Greece's financial crisis and threatened the media, the judiciary and the Greek government in an Internet post on Monday.

THE ASSOCIATED PRESS

Amanda Knox trial

Assure sentences are served: Lawyer

A prosecutor urged a court on Monday to take steps to make sure that American Amanda Knox and her former Italian boyfriend would serve their sentences, if they are convicted of murdering British student Meredith Kercher. "The situation is unusual," the prosecutor Alessandro Crini said. "Usually if someone is convicted of murder, they are already in custody."

THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.32¢
(+0.21¢)

TSX
13,990.29
(+102.08)

Nasdaq and Dow Jones closed for Martin Luther King Jr. Day.

Montreal

Bixi files for creditor protection

Montreal's bike-sharing service, Bixi, has gone bust.

Bixi has filed for bankruptcy protection, but Montreal Mayor Denis Coderre says the service is still expected to operate this summer. THE CANADIAN PRESS

Regional routes

WestJet Encore to take off this June

WestJet Airlines unveiled Monday details for the eastern expansion of its regional WestJet Encore service this summer.

The Calgary-based airline said WestJet Encore will start June 27, with routes between Toronto and Thunder Bay, Ont., and between Thunder Bay and Winnipeg.

The airline has been growing its regional service since last June from its base in Western Canada. WestJet did not say what additional routes will be added, but it expects that about half of its four to six per cent capacity growth in 2014 will come from Encore. THE CANADIAN PRESS

Cross-border shoppers

Target card breach may hit Canadians

Target says Canadians may have had their info taken as part of a security breach in the U.S. Shoppers who went to Target stores in the U.S. between Nov. 27 and Dec. 15 may have been impacted. THE CANADIAN PRESS

With this (insured) ring I thee wed

For better, for worse. With the cost of tying the knot soaring, couples are committing to insurance for the big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about $26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

Cheryl Winter spent $500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's $50,000 US destination wedding last October in New Orleans, where her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of companies. Insurers declined to provide data on the number of customers beyond saying they are growing steadily. It can cover losses from issues ranging from bankrupt wedding halls to cancellations forced by unexpected military deployments. Travellers says issues with vendors account for about a quarter of the claims, with most related to issues with photographers or videographers.

THE ASSOCIATED PRESS

Cold-feet coverage

For parents concerned about a relationship souring before the exchange of vows, Fireman's Fund Insurance Co. offers change-of-heart insurance. It's been available since 2007, but the program administrator said the fraud rate soared in the early years as policies were bought for couples who were known to be fighting. That coverage now applies only if the bride or groom calls off the wedding more than nine months beforehand.

Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms, from left, NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh, bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data — such as salaries, monthly card usage, credit rating and card numbers — linked to 80 million cards. Cardholders are flocking to bank branches and overloading call centres and service websites to find out whether their information was stolen. KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS

Severe weather. Insurance industry hit by record $3.2B in payouts in 2013

Ice, floods and thunderstorms made 2013 the worst year ever for insured losses in Canada.

The Insurance Bureau of Canada says the December ice storms in southern Ontario and eastern Canada caused more than $200 million worth of insured losses, pushing the total payouts to policy holders for the year to $3.2 billion.

The largest disaster continues to be the torrential rains and floods that soaked southern Alberta in June, causing $1.74 billion in insured damage.

THE CANADIAN PRESS

Charge rage. Silicon Valley goes from green to red over car-charging port shortage

An increasing number of electric-vehicle driving employees at Silicon Valley companies are finding it hard to access car-charging stations at work, creating incidents of "charge rage" among drivers.

Installation of electric vehicle charging ports at some companies has not kept pace with soaring demand, creating thorny etiquette issues in the workplace, the San Jose Mercury News reported.

Cars are getting unplugged while charging, creating animosity between employees.

THE ASSOCIATED PRESS

Tomb of ancient Egyptian beer brewer unearthed

Archeologists recently found the tomb of an ancient beer brewer in the city of Luxor in Egypt. SUPREME COUNCIL OF ANTIQUITIES/THE ASSOCIATED PRESS

Anyone who saw The Mummy will know you should expect surprises while searching for ancient artifacts in Egypt, but Japanese researchers were still shocked during a dig around the necropolis of Luxor. The Waseda University team discovered the tomb of a royal beer brewer who was serving up frothy treats 3,200 years ago, and leader Dr. Jiro Kondo was thrilled.

What have we learned about drinking culture in ancient Egypt?

The owner of the tomb is Khonso Em Heb, who was the chief of the workshop for Mut as well as the chief brewer of the temple of Mut. Probably he was an overseer and controlled daily foods and beer supply to the goddess Mut at the Temple of Mut in Thebes. In ancient Egyptian society, beer was popular and cheap liquor for workers, but also a special sacred drink as the offering to the goddess.

What do we know about the brewer? Was his a very important role?

We did not have any records apart from his titles to say if he was very respected or not. However, he would be a high-rank officer belonging to the temple of Mut.

How important is this discovery and what does it mean to crisis-torn Egypt?

It is very important in the field of Egyptology even if we cannot say it is the biggest this century. The find is very encouraging for Egyptian society, but also for Japanese society and tourism.

SHANE RIQUELME/METRO WORLD NEWS

TICK-TOCK, DRINK COFFEE ON THE CLOCK

SHE SAYS

Jessica Napier
metronews.ca

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of "third place" between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal workspaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England, earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Tiger friends — they're grrrreat

ROBERTUS PUDYANTO/GETTY IMAGES

Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

No friend too big or small

178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

Clickbait

LUKE SIMCOE
Metro Online

ISTOCKIMAGES

Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:

AdBlock Plus:

I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.

Disconnect:

This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.

HTTPS Everywhere:

Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.

Twitter

@metropicks asked: At @ziferblatlondon visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?

@Canucklehead_ca: At the rate I consume coffee this would actually be a pretty sweet deal.

@ctmwyn: I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

@theReal_KPHILL: not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

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DVD review

Captain Phillips

Director. Paul Greengrass

Stars. Tom Hanks

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

Fallon owns the night

From Jay to Jimmy.
Late Night host gears up to take the Tonight seat from Leno, but will his style stay the same?

Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt, said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Quoted

"I feel like we've blossomed into what will become the new Tonight show."

Jimmy Fallon on the style of his Late Night show

Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

THE ASSOCIATED PRESS

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Transgender actress hopes Brave New Girls will send message of acceptance

Jenna Talackova. New Canadian reality TV series explores lives of 'regular girls trying to make it'

After taking on tycoon Donald Trump and becoming an advocate for equal rights as the first transgender Miss Universe Canada contestant in 2012, Jenna Talackova was swimming in offers promising fame.

"I was pitched many shows when I was in L.A.," the statuesque, six-foot-one blonde said in a recent interview. "My agent kept sending me down there and it just didn't align with my personality.

"Dating shows and all these kinds of things — it wasn't the message I was trying to give out to the world and so I lost a lot of confidence."

The 25-year-old did like one show idea — one in which she would train to become a Victoria's Secret model, a longtime goal of hers — but it didn't work out.

And then she met the producers of E's new original Canadian series Brave New Girls, which airs Sundays at 10 p.m. EST.

Talackova said she wanted to star in the reality series because it's Canadian and offered the chance to move from Vancouver to Toronto to pursue her dreams of modelling and acting.

"I just hope I make it more socially acceptable for anybody that's different from society's kind of person," said Talackova, who decided to fully transition into a woman at age 14 and had sex reassignment surgery at age 19.

"So I hope this show sends that message — to accept people for who they are."

The show also stars Talackova's friend Dajana Radovanovic, a model who's finishing her criminology degree and wants Talackova to focus on her goals. Also featured is her more free-wheeling cousin Angela Perry, who wants her to loosen up.

Perry wanted to be on the show to support what she felt was a positive message and "a way to promote understanding and acceptance."

"We're not in medieval times anymore," she said.

Radovanovic felt it was "an amazing platform" for young women and people from all walks of life.

"Just to see Jenna living a regular life like everybody else, that's probably the main message, and just to see that we're all just regular girls trying to make it."

It's not a smooth road, though. In the premiere of the half-hour, eight-episode series, Talackova expresses interest in an apartment but agents for the building express concern about her "profile." Her history also scares off a guy at a bar.

"This is just such a little problem with what transgendered women go through," said Talackova, who was originally barred from competing in Trump's Miss Universe Canada because of her gender at birth. After threatening to take Trump to court, she was allowed in and placed in the Top 12.

"My good friend (transgender actress) Laverne Cox was recently on the Katie Couric show and she was just brilliant. She was talking about all the injustice going on with transgendered women and all the hate crimes, all the murders every other day in America, and that's really what matters," added Talackova.

"Me getting discriminated against when it comes to finding an apartment is so little compared to what's really going on with transgendered women. So I just hope that we can keep shedding light on these kind of issues."

Talackova admits she's been uncomfortable with being identified by the word "transgender" in the past, and she doesn't want it to be her "hook" as she tries to make it in show business.

"But through this show, it kind of made me comfortable with who I am, and if I can help one person, then I'm living my purpose," she said. "It's not that I don't want to be associated with it, it's part of my life, I just think I've worked so hard to transform myself."

Brave New Girls will also see the stars travel to New York, Los Angeles and Las Vegas.

Talackova said viewers will also get to see her dating a guy she's interested in.

She says her relationship status is "all over the place" these days as she finishes her holistic nutrition studies in Vancouver.

She also hopes to one day publish a beauty guidebook and wants to model for Sports Illustrated and Victoria's Secret. And she's hopeful for a second season of Brave New Girls.

"I'm OK with opening up about what I've been through, how I've transformed myself, because people usually are interested in my genitalia and whatnot, and I'm OK with that," she said.

"As long as they come to me in a respectful manner and they're coming from a place with integrity, then I'm OK with exposing it all and telling them my story."

THE CANADIAN PRESS

Transgender model and former Miss Universe Canada contestant Jenna Talackova, centre, with cast members Dajana Radovanovic, right, and Angela Perry star in the new television show Brave New Girls. NATHAN DENETTE/THE CANADIAN PRESS

Quoted

"What a person doesn't understand they usually become scared of ... I've got to realize that by telling my story, exposing my life, that I'm making it socially acceptable for all the younger women, transgendered women, out there."

Jenna Talackova

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Tumblr got a taste of Blue Ivy's White House visit over the weekend.
TUMBLR: IAM.BEYONCE.COM

Of pop stars, politicians, puppies and a pint-sized princess

MELINDA TAUB
Metro World News

The great thing about two-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the number one item on her agenda is still "Doggy doggy doggy doggy doggy."

Beyoncé visited said White House this past weekend to perform for Michelle Obama's 50th birthday, and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends.

Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should have gotten Blue a puppy.

Michael C. Hall won't slash the idea of recreating his killer role

Possible bad news for Oregon loggers: Michael C. Hall won't rule out a return to playing Dexter. But he'd want to see the finish line.

Hall, promoting his movie Cold in July at the Sundance Film Festival, said in an interview over the weekend that he agreed with Showtime executives who recently declared that any potential spin-off series would have to include Hall.

"Masuka! I would watch that," he joked, referring to the show's humorous forensics specialist Vince Masuka, played by C.S. Lee.

More seriously, Hall said of a possible spin-off series, "I can't even wrap my mind around that. And it's all just theoretical until there is some sort of script reflecting somebody's idea of where it could possibly go. But it's hard for me to imagine what that would be."

Hall, 42, also won't rule out a return to TV more generally.

Michael C. Hall GETTY IMAGES

"Yeah, as far as playing Dexter again for an undefined amount of time, that's a little daunting to consider. But doing another television series ... There's a lot of amazing stuff on TV. I don't want to do that right away. But I wouldn't say never to that."
THE ASSOCIATED PRESS

Jonathan Goldsmith MICHAEL HELMS/ HATHAWAY COMMUNICATIONS

He doesn't often show his soft side, but when he does, it's for the dogs

The most interesting man in the world is helping a Vermont-based company raise money to fight cancer in dogs.

Jonathan Goldsmith is a Manchester resident made famous by his role in the Dos Equis beer commercials. But he's also a dog lover hoping to raise funds for the Denver-based Morris Animal Foundation, which promotes veterinary research for companion animals, horses and wildlife.

Goldsmith made an online commercial with his Anatolian shepherd Willy as part of a campaign by the Manchester-based Orvis Co., which is known for its outdoor apparel but also has a dog catalogue. He says he lost a dog to cancer and is glad to support a good cause. THE ASSOCIATED PRESS

Barrymore isn't keen on her kin baring it all as an adult

Drew Barrymore GETTY IMAGES

Drew Barrymore's daughter, Olive, is only 15 months old, but mom is already setting down some ground rules. "I would not let her" pose for Playboy, Barrymore tells ABC News. Barrymore did a spread for the magazine when she was 19. "I don't think I would. I would influence her not to, because my life choices aren't supposed to be the gateway to somebody else's. That's my journey." METRO

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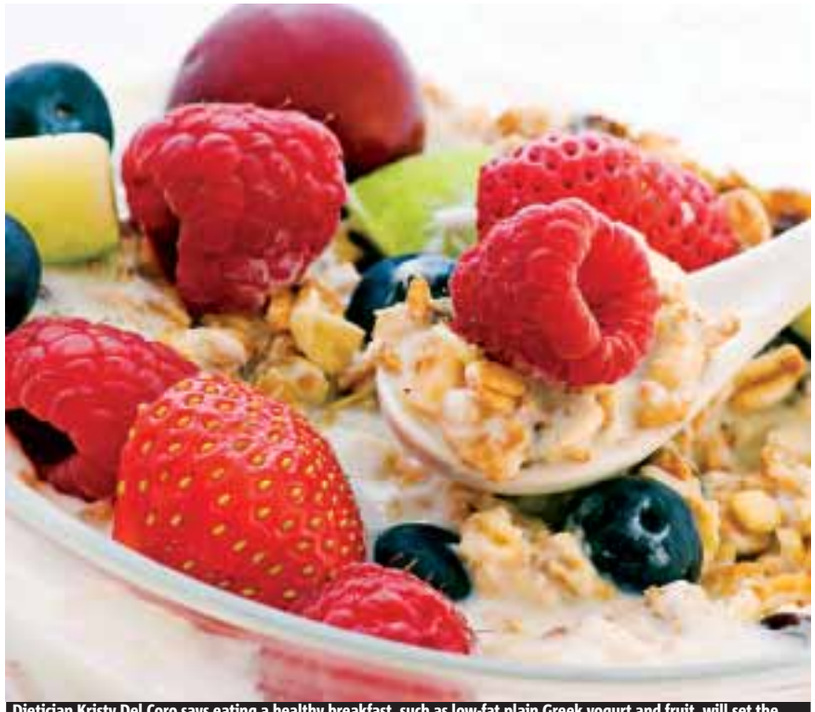
5 steps for a healthier you

Not as hard as you think. Sometimes it's as easy as getting out for a walk and drinking more water



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

Eat breakfast

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

Get up and get out

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

Hydrate, hydrate, hydrate!

An easy first step in feeling healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

Curb your sweet tooth

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

Set yourself up for success

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

Review

Visualize your goals with a calorie tracker

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Calorie Counter by MyFitnessPal
iPhone/iPad/Android
Free

Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.

Half-Off

Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit metronews.ca/voices/half-off to find out.

Tips to help you get to sleep — and stay asleep

Dr. Robert Oexman, director of the Sleep to Live Institute, has these tips for making the most out of your shut-eye in 2014:

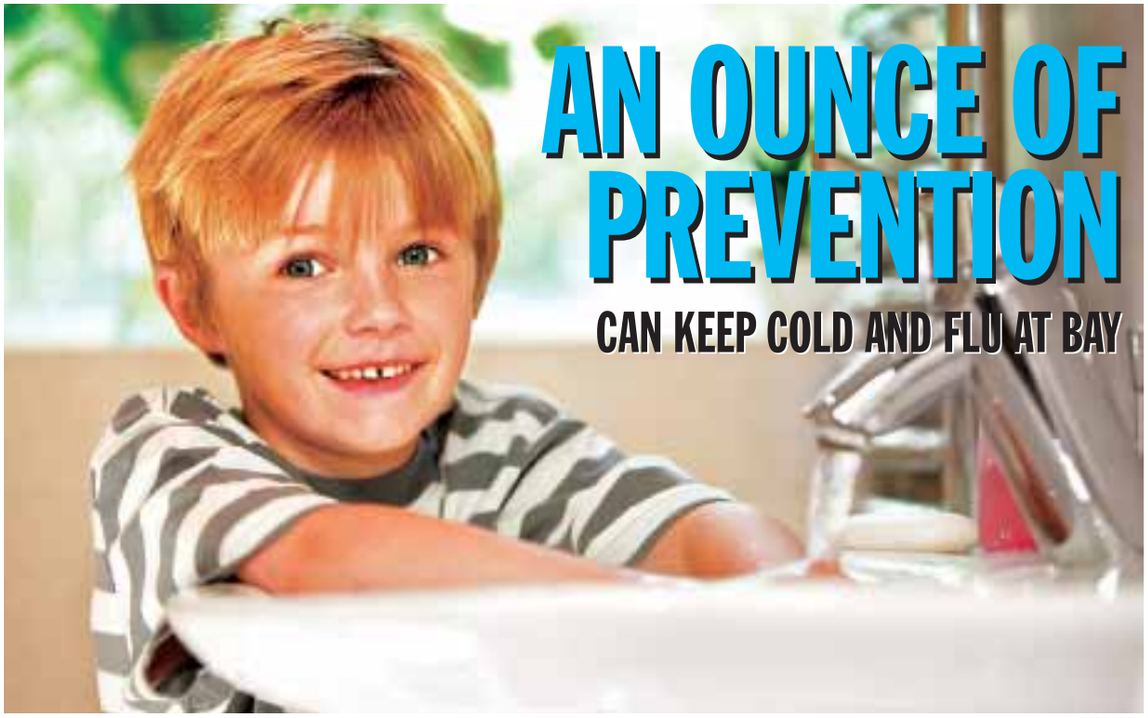
Make a commitment to sleep. If you have to wake up at 7 a.m. to get to work, start preparing for bed at 10:30 p.m. Darken the room, do not watch TV or work on the computer. Do something calming like taking a hot bath or shower. Get into bed at 11 p.m. and find yourself resting your way to health.

Take advantage of the cold weather and turn your thermostat down. Your room temperature should be around 19 degrees Celsius. If that temperature is too cold for you, use blankets to stay warm. The cool room allows your core body temperature to decline, which is necessary to fall asleep and stay asleep.

Don't let the early darkness rob you of sleep. If you find yourself falling asleep in the evening before it is time to go to bed, expose yourself to light and get up and move around. If you nap before bed it will make it more difficult to fall asleep and stay asleep.

METRO

Nobody wants to be this guy. ISTOCK



AN OUNCE OF PREVENTION

CAN KEEP COLD AND FLU AT BAY

NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep seasonal illnesses away.

1. Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.
2. Wash your hands with soap and water thoroughly and often.
3. Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.
4. Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.
5. Stay home from work if you are feeling sick.
6. Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.
7. Eat well, exercise and get enough rest.
8. Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. *– News Canada*

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HEALTHY WINTER HEART HABITS

Health-conscious Canadians are paying particular attention to cardiovascular health. Seasonal changes can sometimes throw us off our regular routines and some people discard heart-healthy habits for more convenient, unhealthy behaviours.

In fact, statistics show that as many as 40 per cent of Canadians have high cholesterol, which is a risk factor for heart disease.

Experts say the most important factors in cholesterol management are healthy lifestyle choices like a nutritious diet, regular physical activity and not smoking.

During the winter months, some people find they lapse in these areas as they spend more time indoors to avoid the chilly weather and enjoy more hearty winter meals.

Here are some tips to help you stay heart healthy this season.

1 Try to consume more heart-healthy foods like fresh fruits and vegetables, fish, nuts and berries. Avoid foods with high levels of trans fats. If you do decide to indulge in convenience or comfort foods, try to reduce your portion size.

2 Get outside and enjoy all that winter has to offer. Bundling up and going for a brisk winter stroll can be a great way to get exercise and appreciate the snowy landscape. If you have a pair of skates, visit an outdoor rink — this is the only time of year they open.

3 If you are a smoker, try to cut down or quit smoking this winter. Don't be afraid to reach out to friends and family members for support.

When lifestyle changes aren't enough, Dr. Chris Mohr, RD, PhD, recommends a probiotic supplement that can help bridge the gap between diet, exercise and drugs.

"Cardioviva is the only probiotic that's been clinically proven to help reduce bad cholesterol," Mohr says. This supplement has been shown to help maintain healthy cholesterol levels by reducing the amount we absorb from food and the amount the body naturally produces.

– News Canada

COLOURBOX

2014 Resolution + Hypnotherapy = Results

John Puderak
NLP Counselling & Hypnotherapy
306-373-4691
puderak@hotmail.com

GET ACTIVE WITH YOUR TRANSPORTATION

Are you determined to stick to your physical activity goals in 2014?

It's true that at the beginning of every year, many of us overcommit to changes that we think we want or need. But come February, countless goals are broken with a return to bad habits. According to research in 2012, about 68 per cent of Canadians created new year's goals, yet more than half of us broke those goals just one month later.

The resolution trick is to make them easy to implement and maintain so you can stick it out for the long term.

Do you want your family to be more active this year, for example?

One of the easiest ways to do that is to switch to active transportation. Rather than driving, pick up your sneakers, blades, or bicycle to get to your destination. Doing so can significantly contribute to the daily physical activity that is required for overall health.

Here are some tips from ParticipACTION to get you and your family active in ways that are simple and easy to implement:

- Encourage and support your children to engage in active transportation, like walking and cycling to and from school.
- Take turns leading a "walking school bus" with other parents in your neighbourhood.
- Instead of driving to recreational activities like hockey or dance class, factor some extra time to walk.
- Park the car a short distance from school or other destinations and walk the rest of the way when it is not possible to walk the whole way.
- Rather than driving to the grocery store, why not make it a fun family activity by walking or cycling there?

If kids walked for all trips less than one kilometre, they would accumulate approximately 15 to 20 minutes of walking per trip, which adds up.

– News Canada

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START SMART WITH THE CITY OF SASKATOON

The City of Saskatoon offers a variety of Smart Start programs for beginners.

"Smart Start programs are designed to help develop a fitness plan that works for you, to keep you going and keep you active," says Shantel Germann, Smart Start program co-ordinator with the City of Saskatoon. "You're able to get the education, skills development and motivation to help support you along your fitness journey."

The programs include drop-in and registered classes at a variety of skill levels, including learn-to introductory programs that break down the components of a fitness class into three one-hour sessions, Germann says. Learn-to classes are available in yoga, pole-walk, fitness circuit, spin (cycling on a stationary bike), and Zumba.

"When beginners start they may feel overwhelmed, so breaking it down and taking things a little slower can help them understand," she says.

Certified instructors lead Smart Start learn-to and drop-in classes.

"Our instructors make the programs unique," she says. "They pay special attention to beginners and give them the guidance they need to feel comfortable and really be part of the class."

Personal and group fitness sessions are also available in a number of training packages and classes.

For more, call 306-975-7808 or visit saskatoon.ca/go/smartstart.

CONTRIBUTED

COLOURBOX

YOU CAN LISTEN TO YOUR GUT FOR GOOD HEALTH

When it comes to advancements in health, the "gut" is getting a lot of international attention.

In recent years, scientific and public health leaders around the world have been investing a lot of time and money to probe the mysteries of the human microbiome, otherwise known as the gut.

Leading trendspotter Marian Salzman has also taken notice, identifying microbiome research as a top global trend this year.

"One of the most promising new pathways to all-around health is found in our gut," Salzman says. "From prebiotics to probiotics, the field of microbiome research is shaping up as a solid approach to tackling a whole range of health problems."

Canadian scientists are making significant advancements in this field.

"There are trillions of bacteria in the gut that aid in digestion, support immunity, and now we've found also play a key role in maintaining a healthy cholesterol balance," says Dr. Mitchell Jones, a microbiome expert based in Montreal.

His research resulted in the world's first heart-health probiotic. Cardioviva is an easy-to-swallow supplement that works naturally with the gut to reduce LDL (bad) cholesterol.

For many Canadians, this probiotic supplement may help bridge the gap between diet, exercise and drugs to help lower high cholesterol, a risk factor for heart disease. *– News Canada*

Try beginner programs at your LEISURE CENTRES
RESOLVE TO GET STARTED
New to fitness? No worries! The City of Saskatoon offers many programs designed specifically with beginners in mind. Smart Start Beginner Fitness programs make it easier to get physically active and develop a fitness plan that works for you.
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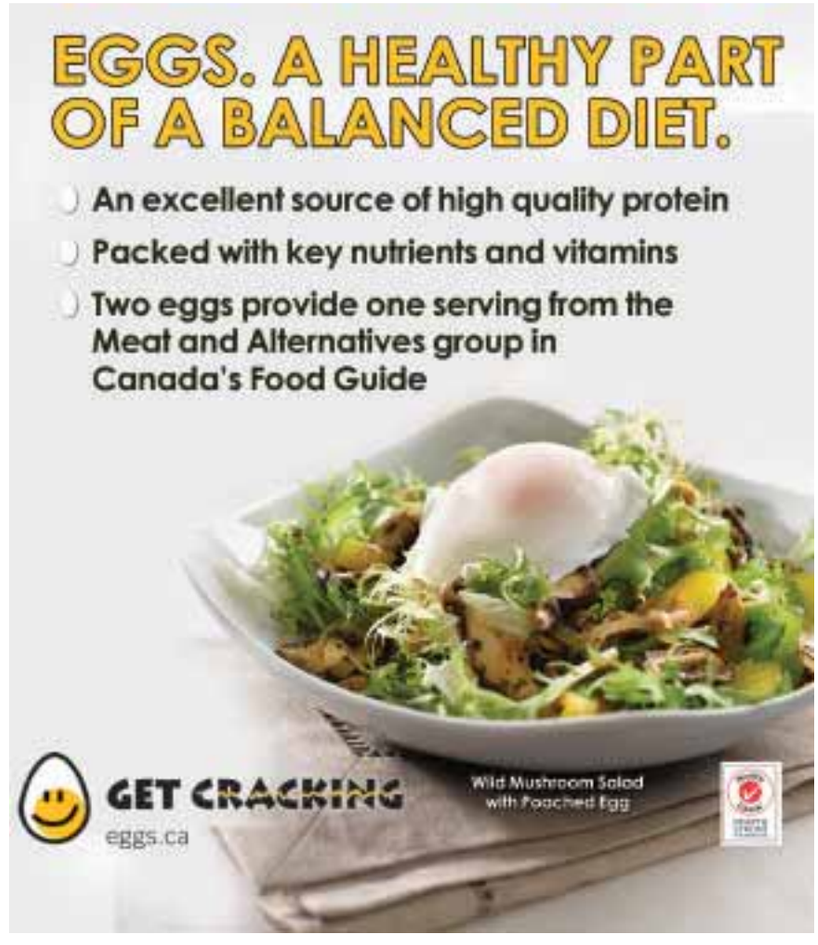
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GET CRACKING
eggs.ca
Wild Mushroom Salad with Poached Egg

Money 101. Two couples, one year to make them richer

Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save $1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. – Lesley-Anne Scorgie/For Metro

ANDREY_POPOV/SHUTTERSTOCK

LUXORPHOTO/SHUTTERSTOCK

Carolina and Jose

LESLEY-ANNE SCORGIE
For Metro

Assets		Liabilities	
RESP for their Eldest Child	$1,500	Combined Student Loans	$14,000
Car*	N/A	Line of Credit	$7,500
		Car Loan	$12,500
TOTAL ASSETS	$1,500	TOTAL LIABILITIES	$34,000

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately $55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for retirement and some flexibility to travel.

Homework

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts, sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals.

Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

1. Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
2. Afford a trip to Ontario to visit family.
3. Chip away at their existing debts.

Jose and Carolina's current net worth is –$32,500.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter

Assets		Liabilities	
Anne-Marie's Pension	$73,000	Car Loan	$4,500
Anne-Marie's RRSP	$500	MBNA Low Rate Credit Card #1	$3,000
Peter's RRSP	$8,000	MBNA Low Rate Credit Card #2	$8,000
Car*	N/A		
TOTAL ASSETS	$81,500	TOTAL LIABILITIES	$15,500

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to $110,000, which is more than the median Canadian household income of around $72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and trust, which the couple says helps them stay on track and avoid financial arguments.

Homework

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

1. Pay off as much debt before the baby comes.
2. Start saving for their child's education.
3. Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is $66,600.

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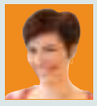
You're just five steps and one pan away from McIntosh Pork Chops

Health Solutions

An apple a day... well, you know the rest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

How do you like them apples?

Some are good to cook, others are best eaten out of hand, but the true Canadian Mac can do both.

McIntosh are great cold-weather fruit that have all the health benefits including vitamin C and high amounts of the gelatinous pectin that helps remove cholesterol from your system.

Have you thought of trying them like this?

- Braised in apple juice as a simple dessert.
- Used in cooking, particularly with pork.
- Cored and stuffed with oats, butter and cinnamon.
- Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the mac holds its shape and lends its tart sweetness graciously.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

FLASH FOOD
From your fridge to your table in 30 minutes or less

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

1. Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

2. Slice apples and set aside on a plate with the onions.

3. Brown chops over high heat one at a time and place with apples.

4. Pour wine into pan and stir in apple butter and thyme.

5. Add chops back with apples and onions, and cover. Turn down to medium and simmer 10-15 minutes until cooked through. Serve with mashed sweet potatoes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste

Grapes and mustard sauce dress up chops

Ingredients

- 4 1/2-inch-thick boneless pork chops, trimmed of any fat
- Kosher salt and black pepper
- Blending flour, for dredging
- 1 1/2 tbsp vegetable oil
- 1/4 cup finely chopped onion
- 1 cup seedless grapes, halved
- 1/4 cup dry white wine
- 3/4 cup low-sodium broth
- 1/2 tsp dark brown sugar
- 1 tbsp Dijon mustard

1. Season pork chops on both sides with salt and pepper. One at a time, dip chops in flour, coating well on both sides, but shaking off excess.

2. In skillet over medium-high, heat 1 tablespoon of oil. Add chops to pan and cook until lightly browned on first side, 2 minutes. Add remaining oil to skillet, turn chops and cook for 1 minute on second side. Transfer them to a plate and cover loosely with foil.

3. Add onion and grapes to skillet, reduce heat to medium-low and cook, stirring often, until onions are golden brown, about 3 to 4 minutes. Increase heat to high, add wine and bring to a boil. Simmer, stirring, until the wine is reduced to 1 tablespoon. Add veg or chicken broth and sugar and simmer until broth is reduced by half.

4. Reduce the heat to medium-low, return the pork to the skillet, along with any juices that have accumulated on the plate and simmer very gently, turning the pork several times, for 1 minute. Transfer each pork chop to a serving plate. Add the mustard to the sauce, whisking, then season with salt and pepper. Pour the sauce evenly over each portion and serve right away.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

NHL

League suspends Tortorella and fines Hartley

The NHL suspended Vancouver Canucks coach John Tortorella without pay for 15 days and six games on Monday for his conduct after a brawl between his team and the Calgary Flames.

Tortorella went to Calgary's locker-room at intermission following the first period Saturday night, which began with a handful of fights and four game misconducts per team.

Tortorella blamed Flames coach Bob Hartley for starting his fourth line, saying he couldn't put star players Daniel and Henrik Sedin at risk just to deflate the situation. Hartley was fined $25,000 US by the NHL.

THE CANADIAN PRESS

NFL

Welker accused of purposely injuring Pats cornerback

Patriots coach Bill Belichick says Broncos wide receiver Wes Welker deliberately tried to "take out" cornerback Aqib Talib when they collided in the AFC championship game.

Talib hurt his knee on the play early in the second quarter and missed the rest of the game. Denver beat New England 26-16 on Sunday to advance to the Super Bowl.

Welker, a former Patriot, says he was trying to get Talib to go behind him as the two headed for each other across the middle.

THE ASSOCIATED PRESS

Montreal's Eugenie Bouchard celebrates Tuesday's win over Ana Ivanovic on Tuesday in Melbourne. RICK RYCROFT/THE ASSOCIATED PRESS

Major breakthrough for Canada's Bouchard

Tennis. Rising star from Montreal becomes 2nd-ever Canadian to make it to semifinals at a Grand Slam

Eugenie Bouchard is the first Canadian to reach a Grand Slam semifinal in 30 years after a stunning upset of Ana Ivanovic at the Australian Open.

Bouchard, the 30th seed, overcame Ivanovic 5-7, 7-5, 6-2 on Monday, making the Montreal native just the second Canadian to ever compete in a Grand Slam singles semi.

The last Canadian to go to the semis at a major was Toronto's Carling Bassett at the 1984 U.S. Open.

Bouchard's final-four spot is the first for a Canadian in Melbourne. The 19-year-old did it in just under two and a half hours.

"We had a tough match, she was playing well at times," said Bouchard. "When she did there was not much I could do. I kept fighting, played aggressive and stepped it up in the second and third sets.

"The most important thing is to enjoy it out there and that's what I've been doing. I tried to stay calm and go for my shot, that's when I play my best."

Looking towards Li

"She won't give me many chances so I'll have to take any that I get."

Eugenie Bouchard on facing China's Li Na in the upcoming Australian Open semifinals.

Bouchard will play next against China's Li Na, the fourth seed, after the former French Open champion defeated Italy's Flavia Pennetta 6-2, 6-2.

"I played (Na) in Montreal in 2012, we had a tough battle but I was not so experienced back then," said Bouchard. "This time I'll be ready."

Bouchard's ranking should rise into the top 20 as a result of her success, according to WTA calculations. She also beat Ivanovic, a former world No. 1, last year in the second round of Wimbledon. THE CANADIAN PRESS

Roughriders head coach Corey Chamblin JEFF GROSS/GETTY IMAGES

Riders' Chamblin up for CFL top-coach award

Head coach Corey Chamblin of the Grey Cup champion Saskatchewan Roughriders is one of three nominees for the CFL coach of the year award.

Hamilton Tiger-Cats head coach Kent Austin and Calgary Stampeders head coach John Hufnagel are also up for the honour. The winner will be presented with the Annis Stukus Trophy on Feb. 5 in Ottawa as part of the CFL's annual congress.

Chamblin, a first-time nominee, guided the Riders to an 11-7 record in the regular season. They defeated B.C. in the division semifinal and topped Calgary in the Western final to earn a berth in the Grey Cup at Mosaic Field.

The Roughriders beat the Tiger-Cats 45-23 in the championship game.

Hamilton finished the regular season with a 10-8 record and defeated Montreal and Toronto en route to the Grey Cup game. Austin previously won the Annis Stukus Trophy in 2007 as head coach of the Roughriders.

Hufnagel, who won the award in 2008, guided the Stampeders to a league-best 14-4 record. This is his third nomination.

THE CANADIAN PRESS

4 SPORTS

Bilodeau: 'These Games belong to Canada'

Canadian moguls silver medallist Mikael Kingsbury, left, congratulates compatriot and gold medallist Alex Bilodeau at the World Cup freestyle skiing event Sunday in Val-St-Come, Que. PAUL CHIASSON/THE CANADIAN PRESS

Freestyle skiing nominations. Gold medallist will be joined by crew of fellow Quebecers in Sochi

Reigning Olympic champion Alexandre Bilodeau and a trio of history-making sisters are headlining Canada's freestyle ski team roster for the Sochi Olympics.

Bilodeau, from Montreal, won his third straight World Cup moguls event over the weekend, edging out teammate and rival Mikael Kingsbury of Deux-Montagnes, Que.

Kingsbury and Marc-Antoine Gagnon of Terrebonne, Que., were also named to the early 20-athlete nomination list Monday by the Canadian Freestyle Ski Association.

"I am ready to hit the slopes of Russia and show the world why Canada is a force to be reckoned with," Bilodeau said.

He acknowledged he'll be going to Sochi feeling a little less pressure than he did in Vancouver four years ago.

"In Vancouver, I showed up with a gun to my head," he said. "I wanted a medal. I put a lot of pressure on myself. Fortunately, I managed to pull myself together after working hard with my sports psychologist a week before the Games. Now, in Sochi, the work is done."

Bilodeau said he's heading to Norway to tweak a few things and plans to enjoy the experience when he arrives in Russia. He has said Sochi will be his last Olympics.

"I'm going to take every moment and remember it and I think there will be good moments, especially with the two gentlemen who will be accompanying me," he said, referring to Kingsbury and Gagnon.

The women's moguls team includes Montreal sisters Chloe, Justine and Maxime Dufour-Lapointe along with Audrey Robichaud of Quebec City. Chloe and Justine finished 1-2 over the weekend at a World Cup in Val St-Come, Que.

Canadian Olympic Committee president Marcel Aubut said it's the first time in the world where three siblings have competed on the same Olympic team in the same event.

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Teammates

- World champion Kaya Turski of Montreal and Dara Howell of Huntsville, Ont., headline the women's slopestyle team. They're joined by Quebec City's Kim Lamarre and Yuki Tsubota of Whistler, B.C.
- Alex Beaulieu-Marchand of Quebec City will compete in men's slopestyle.
- Calgary's Roz Groenewoud anchors the women's halfpipe team. She's joined by Megan Gunning of Calgary and Keltie Hansen of Edmonton.
- The men's halfpipe lineup includes Edmonton's Mike Riddle, Matt Margetts of Penticton, B.C., and Justin Dorey and Noah Bowman, both of Calgary.
- World silver medallist Travis Gerritts of Milton, Ont., will be the lone competitor in men's aerials.

Jon Montgomery

2010 skeleton champ falls short of Team Canada

Jon Montgomery won't defend his Olympic gold medal in men's skeleton at the Winter Olympics.

He fell just short of qualifying for the Canadian Olympic team at a World Cup in Austria last weekend.

Canada was assured of two entries in men's skeleton in Sochi.

Calgary's John Fairbairn and Eric Neilson of Kelowna, B.C., had already claimed those spots.

Montgomery was trying to both qualify a third sled for Canada and earn his spot on the Olympic team at the same time.

The slider from Russell, Man., finished seventh Saturday but needed to be at least fourth, according to Canadian coach Duff Gibson. THE CANADIAN PRESS

Canada's Jon Montgomery
THE ASSOCIATED PRESS

Allingers. Russia aims to recreate Canada's success with help of sports couple

There will be Canadian fingerprints on the Russian team's performance at the Winter Olympics next month in Sochi.

The Russian Olympic Committee hired sports power couple Todd and Cathy Allinger of Vancouver after their significant contributions to Canada's medal haul at the 2010 Vancouver Games.

The Russians want 14 gold medals in Sochi, which would equal the Winter Games record set by the Canadian team in 2010. The host country is also aiming for a top-three finish in the overall medal count.

It seems like an ambitious goal after Russia won just three gold medals in 2010, the country's fewest at a Winter Games since the breakup of the Soviet Union. The Russians also ranked sixth in total medals with 15.

Like Canada prior to 2010, Russia doesn't want to be embarrassed by its performance at its own Games. The ROC recruited the Allingers in the fall of 2010 because they possess sports expertise few in the world have.

After scouting and reviewing Russia's athletes, teams and sport federations, the Allingers made recommendations and "they've probably implemented 90 per cent of them," Cathy says.

"We really think Russia is on track and ready to win the medals that they are wanting to," Cathy told The Canadian Press in a phone interview from Vancouver. "We're excited because Russia has developed more potential medal athletes in this four-year period than any other country has. Based on the way we evaluate and look at the numbers, they've done incredibly well with developing medal potential for 2014."

THE CANADIAN PRESS

Winning record

- Cathy Priestner-Allinger was the first Canadian woman to win an Olympic speedskating medal in 1976.
- She and Todd co-authored the report — the template for Own The Podium — that revolutionized how Canada's athletes prepare to compete in Olympic Games.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	49	31	15	3	141	109	65
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	51	26	20	5	145	154	57
Detroit	49	21	18	10	122	134	52
Ottawa	49	21	19	9	139	155	51
Florida	49	19	23	7	116	148	45
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	49	34	13	2	157	120	70
NY Rangers	51	27	21	3	128	128	57
Philadelphia	50	25	19	6	137	144	56
Columbus	48	24	20	4	138	135	52
Washington	49	22	19	8	142	150	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	51	20	24	7	142	166	47

Monday's results
NY Islanders 4 Philadelphia 3 (SO)
Boston 3 Los Angeles 2
Florida 5 Pittsburgh 1
St. Louis 4 Detroit 1
Toronto 4 Phoenix 2
Nashville 4 Dallas 1
Calgary at San Jose

Sunday's results
Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1

Tuesday's games — All Times Eastern
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

Wednesday's games
Montreal at Pittsburgh, 7 p.m.
Chicago at Detroit, 8 p.m.
Phoenix at Calgary, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	48	33	10	5	170	108	71
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Nashville	51	22	22	7	125	152	51
Dallas	49	21	20	8	137	152	50
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	50	29	15	6	128	103	64
Vancouver	50	25	16	9	127	127	59
Phoenix	49	23	17	9	141	149	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	38	49
Pavelski, SJ	25	23	48
Kessel, Tor	23	25	48
Toews, Chi	17	31	48
Okposo, NYI	19	28	47
Malkin, Pgh	12	35	47

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results
AFC — Denver 26 New England 16
NFC — Seattle 23 San Francisco 17

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	12	.707	4
Atlanta	21	19	.525	11½
d-Toronto	20	20	.500	12½
Washington	20	20	.500	12½
Chicago	20	20	.500	12½
Brooklyn	17	22	.436	15
Charlotte	18	25	.419	16
Detroit	17	24	.415	16
Cleveland	15	26	.366	18
New York	15	26	.366	18
Boston	14	28	.333	19½
Philadelphia	13	28	.317	20
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	10	.756	1
Oklahoma City	31	10	.756	1
d-L.A. Clippers	29	14	.674	4
Houston	28	15	.651	5
Golden State	26	16	.619	6½
Dallas	25	18	.581	8
Phoenix	23	17	.575	8½
Denver	20	20	.500	11½
Memphis	20	20	.500	11½
Minnesota	19	21	.475	12½
New Orleans	16	24	.400	15½
L.A. Lakers	16	26	.381	16½
Sacramento	14	25	.359	17
Utah	14	28	.333	18½

d - division leader

Monday's results
Dallas 102 Cleveland 97
L.A. Clippers 112 Detroit 103
Charlotte 100 Toronto 95
Washington 107 Philadelphia 99
Brooklyn 103 New York 80
New Orleans 95 Memphis 92
Atlanta 121 Miami 114
Chicago 102 L.A. Lakers 100 (OT)
Houston 126 Portland 113
Indiana at Golden State

Tuesday's games — All Times Eastern
Orlando at Brooklyn, 7:30 p.m.
Boston at Miami, 7:30 p.m.
Sacramento at New Orleans, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Minnesota at Utah, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

♉ Taurus
April 21 - May 21
This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

♊ Gemini
May 22 - June 21
Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

♋ Cancer
June 22 - July 23
Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

♌ Leo
July 24 - Aug. 23
Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

♍ Virgo
Aug. 24 - Sept. 23
Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

♎ Libra
Sept. 24 - Oct. 23
Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

♏ Scorpio
Oct. 24 - Nov. 22
Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an agenda.

♐ Sagittarius
Nov. 23 - Dec. 21
Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

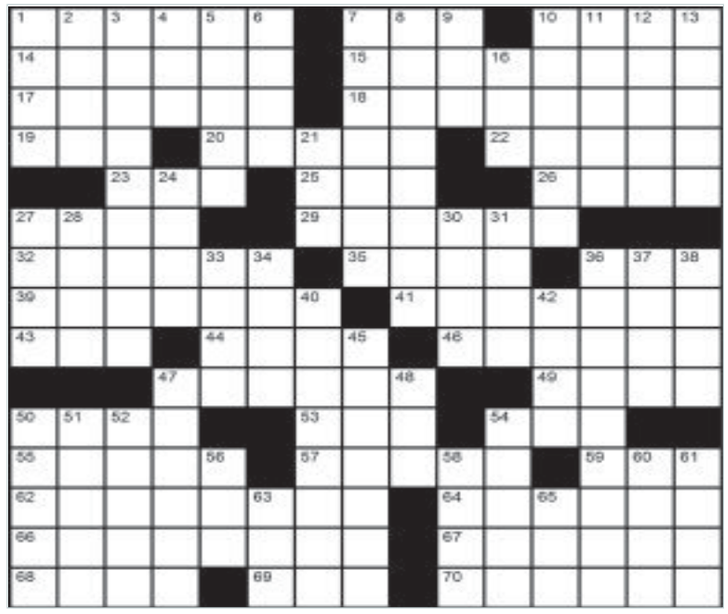
♑ Capricorn
Dec. 22 - Jan. 20
If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

♒ Aquarius
Jan. 21 - Feb. 19
It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

♓ Pisces
Feb. 20 - March 20
This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. SALLY BROMPTON

Crossword: Canada Across and Down

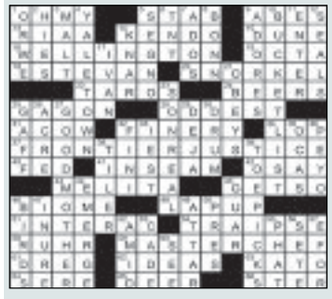
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. University of Manitoba, Home of the __
7. Male swan
10. House of __ (Mid-east royal family)
14. Jessica Simpson's sister
15. NB community, locale of 5 CDSB Gagetown
17. Elegant aircraft
18. Blue in colour, it's the Yukon's official gemstone
19. Forestry fluid
20. Uncertainty
22. Splashy surges
23. Music producer, Don __
25. Oscar-winning actress, Melissa __
26. Ms. Sedgwick
27. Ride the waves
29. Get there
32. Make happy
35. Amy's Golden Globes co-host
36. These: French
39. __ one's arms (Cease the stern-looking pose)
41. Popcorn brand, __ Redenbacher's
43. US state, North __.
44. Made, as cotton candy
46. "__ __ you can!" (Buffet host's urging)
47. Elated
49. Caustics
50. Prefix to 'allergenic'
53. Calendar abbr.
54. Mop & __ (Floor cleaner)
55. "Lorna __" (1951)
57. "Best _ __ Had" by Drake
59. Liq. amounts
62. Jay Z's wife, to fans: 2 wds.
64. Velvet
66. Gwen Stefani's rocker hubby Gavin
67. Do charades: 2 wds.
68. Wild blue yonder's
69. Dictionary abbr.
70. Spanish Conquistador, Hernan __ (b.1485 - d.1547)

Down
1. Undereye cream targets
2. Ms. Fisher
3. Scuba diving exploration site
4. Antiquated
5. Must-haves
6. Prefix to 'tonin' (Sleepy stuff)
7. Stephen of that satirical 'Report' show
8. Handel musical work
9. TLC member, T-__
10. "__, __... how are you 'n' stuff?"
11. Tart-tasting
12. Express
13. __ _ great job (Performs well)
16. Mother goddess of Thebes
21. 'Form' suffix
24. Way out there
27. Tater
28. Forearm bone
30. Concerning, curtly: 2 wds.
31. __-__-voom!
33. Fair
34. Catch a glimpse
36. Vancouver Island: __ Sound
37. Ms. Macpherson
38. Poivres partners
40. Canadian Forces Base __, in Alberta
42. "__ be okay." (Don't worry)
45. Ballet legend, Rudolf __ (b.1938 - d.1993)
47. "Bridget __ Diary" (2001)
48. Ms. Ullmann
50. Main office [abbr.]
51. "How are things?": 2 wds.
52. Verse
54. Painter, El __ (b.1541 - d.1614)
56. Conclusion
58. Leave a disaster area, for short
60. Honest
61. Positions
63. Woolly one's call
65. Env.'s stuff-y

Yesterday's Crossword



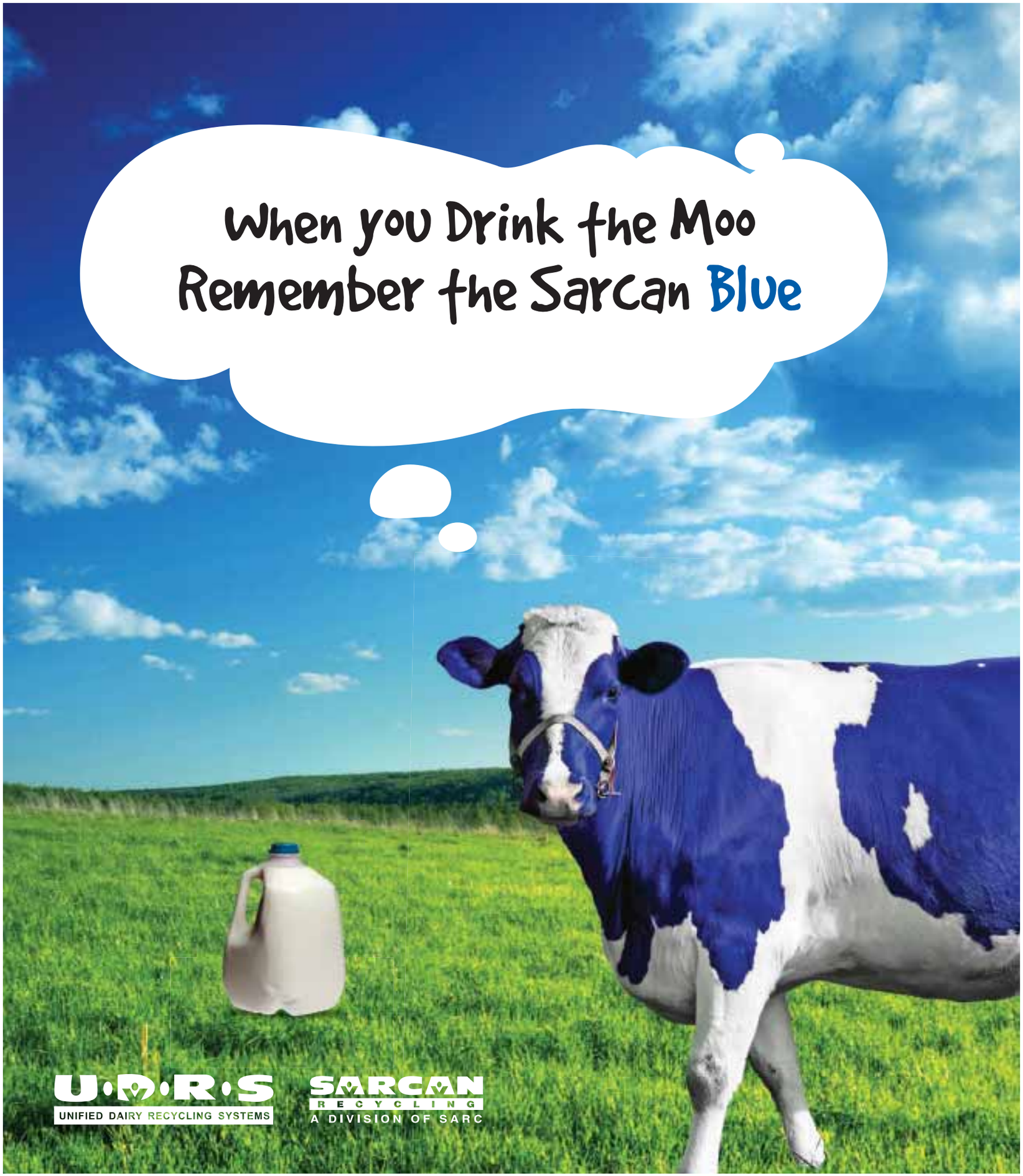
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		6		1		5	
			9		3			
5		6				3		4
		1	3		6	4		
2								7
		7	5		4	1		
8		3				9		6
			8		9			
	6		7		2		8	

Yesterday's Sudoku

6	2	7	8	4	1	5	3	9
3	5	1	2	9	6	7	4	8
8	4	9	3	7	5	1	2	6
1	3	6	7	5	4	8	9	2
2	7	4	9	8	3	6	1	5
9	8	5	1	6	2	4	7	3
4	1	3	5	2	8	9	6	7
5	9	2	6	1	7	3	8	4
7	6	8	4	3	9	2	5	1


When you Drink the Moo
Remember the Sarcan Blue
U·D·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC